

Events Don't Hurt Us, But Our Views of Them Can



Things themselves don't hurt or hinder us. Nor do other people. How we view these things is another matter. It is our attitudes and reactions that give us trouble.

Therefore even death is no big deal in and of itself. It is our notion of death, our idea that it is terrible, that terrifies us. There are so many different ways to think about death. Scrutinize your notions about death—and everything else. Are they really true? Are they doing you any good? Don't dread death or pain; dread the fear of death or pain.

We cannot choose our external circumstances, but we can always choose how we respond to them.

No Shame, No Blame



If it is our feelings about things that torment us rather than the things themselves, it follows that blaming others is silly. Therefore, when we suffer setbacks, disturbances, or grief, let us never place the blame on others, but on our own attitudes.

Small-minded people habitually reproach others for their own misfortunes. Average people reproach themselves. Those who are dedicated to a life of wisdom understand that the impulse to blame something or someone is foolishness, that there is nothing to be gained in blaming, whether it be others or oneself.

One of the signs of the dawning of moral progress is the gradual extinguishing of blame. We see the futility of finger-pointing. The more we examine our attitudes and work on ourselves, the less we are apt to be swept away by stormy emotional reactions in which we seek easy explanations for unbidden events.

Things simply are what they are. Other people think what they will think; it is of no concern to us. No Shame. No Blame.